

## Daily Affirmations- April, 2018

**Affirmations** are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

**Affirmations** have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

**Affirmations** support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

**Affirmations** are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Sun	Apr	1 <sup>st</sup>	He rose again, not for the saved but for the lost.
Mon	Apr	2 <sup>nd</sup>	Be yourself because everyone else is taken.
Tue	Apr	3 <sup>rd</sup>	Don't let your past define you.
Wed	Apr	4 <sup>th</sup>	The world can be amazing when you are slightly strange.
Thu	Apr	5 <sup>th</sup>	Live life. Love one another.
Fri	Apr	6 <sup>th</sup>	Never stop trying to be better than what you are.
Sat	Apr	7 <sup>th</sup>	Live the life you love and love the life you live.
Sun	Apr	8 <sup>th</sup>	I will be the change I want to see in the world. Behavior is contagious.
Mon	Apr	9 <sup>th</sup>	Beautiful pictures are developed from negatives in a dark room.
Tue	Apr	10 <sup>th</sup>	So if I see darkness and negativity, I must simply remember,
Wed	Apr	11 <sup>th</sup>	a beautiful picture is being developed.
Thu	Apr	12 <sup>th</sup>	Take it day by day.
Fri	Apr	13 <sup>th</sup>	It is what it is.
Sat	Apr	14 <sup>th</sup>	I will do better next time.
Sun	Apr	15 <sup>th</sup>	Good, better, best, never let it rest, until our good is better and our better is best!
Mon	Apr	16 <sup>th</sup>	Forgiving others for what they have done to me includes -
Tue	Apr	17 <sup>th</sup>	forgiving myself also, for what I have done to myself.
Wed	Apr	18 <sup>th</sup>	One day at a time.
Thu	Apr	19 <sup>th</sup>	This too shall pass. For everything there is a season.
Fri	Apr	20 <sup>th</sup>	If you don't try, you don't succeed, then you regret.
Sat	Apr	21 <sup>st</sup>	God is good. I am not alone. The Lord is with me at all times.
Sun	Apr	22 <sup>nd</sup>	I am worthy of change.
Mon	Apr	23 <sup>rd</sup>	Keep your head up.
Tue	Apr	24 <sup>th</sup>	Try again.
Wed	Apr	25 <sup>th</sup>	I am worth it.
Thu	Apr	26 <sup>th</sup>	I will start with forgiveness.
Fri	Apr	27 <sup>th</sup>	Reach for the sky. Even if I miss, I will land among the stars!
Sat	Apr	28 <sup>th</sup>	Today is the first day of the rest of my life.
Sun	Apr	29 <sup>th</sup>	I will think good thoughts.
Mon	Apr	30 <sup>th</sup>	It is never too late to make a change.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.  
One Day at a Time.